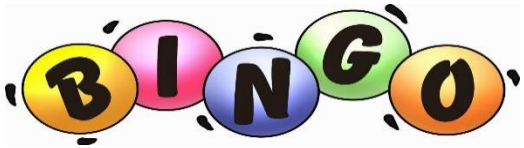
Elementary Physical Education



Complete at least one game each day you do PE. After you complete the activity you can mark it with an X.

B	I	N	G	O
Jump forward and backward 25 times	**Jump side to side** 25 times	**Climb the Plank Ladder** 10 seconds high planks 20 seconds shoulder tap 30 seconds plank jacks	***Create a healthy menu for one day Include 3 meals***	**Curl-ups** Do 2 sets of 15
List 3 healthy snacks that you like	**Alternate Leg Lifts** 20 times	**Jog in place** Count in multiples of 2 up to 50	**Hop on your left foot 10 times Hop on your right foot 10 times**	**Windmills** Touch each foot 10 times with opposite hand
Do 20 squats using good form	**Do 10 push-ups** straight leg or on knees	***Free Space Name: HR:***	**Wall Sit** Count to 30	**Butterfly Stretch** Count to 30 using odd numbers 1-3-5-7-etc…
Crab walk around the house – count to 15	***Keep a journal of how many cups (8 ounces) of water you drink in one day.***	**Jumping Jacks 25 times**	20 **Frog jumps**	**Giant Arm Circles** 20 straight arm giant arm circles going backwards
Arm Circles 20 straight arm small circles going forward	**Lunge Stretch** Count to 10 for each leg	**Do 20 Burpees**	**Bear Walk** around the house – count to 100 by 5's	***Draw a picture of yourself doing your favorite physical activity***

How many different types of BINGO can you do?

Regular Bingo

x				
	x			
		x		
			x	
				x

4 Corners

x				x
x				x

X Double Bingo

x				x
	x		x	
		x		
	x		x	
x				x

Vertical Bingo

a	x		s	o
a	x		s	o
a	x		s	o
a	x		s	o
a	x		s	o

Horizontal Bingo

x	x	x	x	x
o	o	o	o	o
a	a	a	a	a
s	s	s	s	s

Postage Stamp Bingo

x	x		o	o
x	x		o	o
s	s		a	a
s	s		a	a

Blackout

x	x	x	x	x
x	x	x	x	x
x	x	X	x	x
x	x	x	x	x
x	x	x	x	x